



Vol. 46, No. 34 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Sept. 23, 2005

2 News Rock band
Everclear pays visit
4 Commentary
You are America's heroes
5 Feature Serving in
our midst

Airmen work to improve base's wartime readiness

Exercise tests ATSO, deployment capabilities

By Capt. Warren Comer
374th Airlift Wing Public Affairs

The 374th Airlift Wing conducted an Operational Readiness Exercise Sept. 11 through 16 to prepare wing members for the possibility of responding to heightened tensions along the Korean Peninsula.

This ORE was more strenuous than previous exercises, putting Airmen in positions that they never thought they could be in, giving exercise evaluators the opportunity to see where the wing needs improvement.

"OREs are a method to evaluate how well wing personnel can perform their mission, especially under the stress of a war-time scenario," said Col. William Davidson, 374th Airlift Wing Inspector General. "We also take time during an ORE to teach the proper way to accomplish tasks if something isn't done correctly."

The colonel also said that routinely exercising our contingency and wartime mission brings people out of their normal day-to-day comfort zones, it gives Airmen the chance experience these conditions before conducting the mission real-time.

In order to test the wing during an ORE, the inspector general assigns Airmen from every unit on base to act as a member of the Exercise Evaluation

Team. Those members are chosen by their unit commanders as experts in their field and use their skills to train other Airmen in their unit during an exercise.

As Airmen take part in future exercises, the EET will be there with them to provide any support and recommendations where needed. As each unit progresses, they should be able to fix all of their major discrepancies, making themselves more prepared to respond to any scenario.

The wing will conduct its Operational Readiness Inspection in March. This is a Pacific Air Forces inspection to fully test the wing in its wartime readiness.

"The most important thing to remember about an ORE is that it prepares us for war," said Colonel Davidson. "The ORI is simply PACAF's way to see how well we are prepared."

Most Airmen agreed that this past exercise had more scenarios and really ran them through the gamut of an entire operation. As the wing continues to hone its skills, commanders tell Airmen that they can expect to experience the same for future exercises.

"We will incorporate different scenarios and events, so expect to see an exact repeat of the September exercise. The tempo and intensity will remain about the same," the colonel said.

Getting into the swing of things



photo by Senior Airman Katie Thomas

The Band of the Pacific-Asia's Final Approach ensemble practiced Sept. 12 for their joint concert tonight. The rock band will perform alongside the Hamura Wind Orchestra beginning at 6 p.m. at the Sakura Shell area on the east side. Community members are encouraged to attend this free event.

'Freedom Bird' to keep flying in Japan through September 2006

A recent agreement between U.S. Pacific Command and U.S. Transportation Command officials has resulted in an extension of the Patriot express program throughout Japan for an additional year, through Sept. 30, 2006.

Prior to the agreement, Okinawa-bound Patriot Express air travel for eligible personnel and their loved ones and pets was scheduled to end September 30.

"We truly appreciate how strongly committed Admiral Fallon and his staff at U.S. Pacific Command were in working with TRANSCOM to extend the Patriot Express flights," said Lt. Gen. Bruce A. Wright, commander of U.S. Forces, Japan.

Patriot Express is the U.S.

military's chartered commercial air service, used to transport servicemembers and their families traveling on official orders to and from overseas sites. Facing economic constraints and declining use by paying customers, Air Mobility Command officials announced in February plans for a significant reduction of services from the 27 overseas and the four U.S. gateway sites supported.

For Japan, that plan meant the cancellation of all Patriot Express flights to Okinawa beginning October 1. After working closely with USFJ and USPACOM officials, however, USTRANSCOM officials agreed to extend services in Japan on a trial basis through Sept. 30, 2006. As a result, Kadena Air Base

will maintain a once-per-week service. Flights will depart the Seattle-Tacoma International Airport every Thursday, stop at Yokota Friday, and continue to Kadena, arriving there the same day. The flights will then return to Seattle following the same route, departing Kadena on Saturdays.

For this year, four additional Patriot Express flights per month will also continue through Yokota, two of which stop off at Iwakuni and Misawa, with the other two alternating between those bases.

Officials at USFJ noted that the key ingredient for retaining the Patriot Express is customer service. Travelers need to be convinced to make Patriot Express their option of choice over commercial carriers.

"We in Air Mobility Command will continue to work very hard to provide pristine Patriot Express support to theater users," said Col. Keith Moncrief, commander of the 730th Air Mobility Squadron, here at Yokota Air Base. "However, starting in October 2005, the Patriot Express becomes kind of a 'use-it or lose-it' proposition. If customers fulfill senior theater command intent and fully utilize this terrific resource, the contract will be renewed in FY07, and AMC is pulling for that," said the colonel.

"As a world-wide command, AMC has made a serious capital investment to upgrade and standardize passenger terminal operations, making each terminal a showcase for terrific customer service, stylish

and comfortable surroundings, child-friendly atmospheres with things to occupy them, Internet cafes to keep connected, and the like," added the colonel.

"The current program marks a continuation of Military Airlift Command, now Air Mobility Command support, which began in the 1960s," said Col. Moncrief. "Today, I invite all Pacific Command travelers to 'come fly AMC.' We'll give you and your family our very best and we're open for feedback to improve in every aspect of our operation."

For more information, call 225-5661 or 225-5662.

(Compiled by U.S. Forces-Japan and 374th Airlift Wing Public Affairs offices)

ORI countdown: 170 days

Birth announcements

June 20 – Nyla Keyara Ball, seven-pound, 10-ounce daughter of Byron and Gina Ball.

June 21 – Cy'ron Derrell Kennedy, seven-pound, 10-ounce son of Nlesha and Clifton Kennedy.

June 22 – Kian Hideo Brown, five-pound, 14-ounce son of Asuka and Mark Brown.

June 22 – Jaxson Xavier Samland, eight-pound, two-once son of Erika and Andrew Samland.

June 23 – Alia Koharu Daniels, seven-pound, five-ounce daughter of Takako and Eric Daniels.

June 23 – Raymond Niel Krouse, eight-pound, 10-ounce son of Trisha and Nathan Krouse.

June 23 – Jason Lane Zoch Starkey, seven-pound, 8-ounce son of Summer and Robert Starkey.

Aug. 5 – Hazel Mei Anuhea Okalani Domingo, six-pound, five-ounce daughter of Rosaline and Kaliko Domingo.

Aug. 12 – Cai Aubree Rogers, six-pound, 10-ounce daughter of Kristina and Willie Rogers.

Aug. 18 – Runa Adara Digsby, seven-pound, 13-ounce daughter of Satomi and Brian Digsby.

Aug. 18 – Alexander Josiah Garnes, nine-pound, five-ounce son of Alexandra and Roger Garnes.

Aug. 22 – Cody Scott Luby, seven-pound, 10-ounce son of Cory and Michael Luby.

Aug. 23 – Lily Marcia Hensley, seven-pound, eight-ounce daughter of Jennifer and Aaron Hensley.

Aug. 23 – Isabelle Rose Szelagiewicz, eight-pound, six-ounce daughter of Laura and Joseph Szelagiewicz.

Aug. 24 – Gavin Blake Goebel, seven-pound, 13-ounce son of Jillion and Caleb Goebel.

Aug. 24 – Jacob Cheng Olipane, eight-pound son of Amy and Robert Olipane.

Aug. 25 – Kiah Sophia Wilson, eight-pound daughter of Elizabeth and Joseph Wilson.

Everclear pays visit to base

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

The Portland, Oregon rock band Everclear will perform for free on Thursday in Hangar 15. Doors open at 6 p.m. for the show with the Japanese band babamania opening the show at 6:30 p.m.

Everclear will play Yokota as part of a tour of military installations in Japan and Korea.

"You asked and we listened," said Mr. Robyn Sleeth, 374th Services Division director. "People said they wanted to get these types of acts to perform at Yokota and we got them. In fact people should expect more of this type of entertainment to be coming through here on a regular basis. Keep telling us what you want and we'll see what

we can do to make it happen."

"We are excited about bringing Everclear," said Stephen Zak, chief of the community support flight in the services division. "And more importantly the band is excited to be coming here. The band really wants to connect with the troops."

"This type of event is what we are here for," said Mr. Zak. "What we want to see is a bunch of smiling faces at the end of the night."

As part of the event, Services is running a contest on Eagle 810 AM to give away 12 pairs of backstage passes and a chance to hang out with the band.

"People should tune into the morning show, the Retro Café, and Traffic Jams for a chance to win," said Mr. Alan Armitage, interim director of Services Marketing. "The

contest will kick off Friday and run Monday through Wednesday."

The band is known for the hits, "Wonderful", "I Will Buy You a New Life", "Santa Monica", and "Father of Mine." The band most recently released *Ten Years Gone: The Best of Everclear 1994-2004*.



courtesy photo

Everclear is set to perform at Hangar 15 Thursday at 7 p.m.

Civilians can donate leave to relief effort

RANDOLPH AIR FORCE BASE, Texas -- In the aftermath of Hurricane Katrina, many Americans want to do whatever they can to help those directly affected, and now government civilians have another way to help in this effort.

Government civilian employees may now volunteer to help the Federal Emergency Management Agency's Hurricane Katrina efforts through the Federal Employee Volunteer Program.

Potential volunteers must receive permission from their chain of command to participate. Those who volunteer will likely face difficult conditions under which they will work while being exposed to potential dangers to health and well-being. Volunteers should also

expect to be deployed a minimum of 30 days to locations affected by Hurricane Katrina as determined by FEMA.

Along with this awareness, supervisors must weigh the volunteer opportunity against costs to the unit. Volunteers' units will continue to pay salary and benefit costs, including workers compensation costs if volunteer employees are injured. FEMA expects to pay additional travel, overtime and training costs, but owning organizations must be prepared to cover those costs until reimbursement is made.

Interested civilian employees with their supervisors' permission should contact base civilian personnel flights at 225-3921 for more information.

Library service records messages for deploying Airmen: DYESS AIR FORCE BASE, Texas (AFPN) –

While on active duty, Tech. Sgt. Jim Callahan wished that there was a way his wife and children could see and hear his voice, even though he was deployed thousands of miles away.

Now retired, Mr. Callahan and the rest of the library staff are working to ensure that families of deployed Airmen here have a way to see and hear their deployed loved one by means of a video service.

The free service lets Airmen record messages their loved ones can watch on DVD or video tape while they are deployed.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Air Force says farewell to most powerful ICBM: F.E. WARREN AIR FORCE BASE, Wyo. (AFPN) – The era of the Peacekeeper intercontinental ballistic missile, often credited with helping end the Cold War, is coming to its own close Sept. 19 with the final phase of the deactivation process.

The deactivation began in October 2002 after President Bush set a plan in motion in 2001 to reduce the country's missile forces from 6,000 to between 1,700 and 2,200. Russian President Vladimir Putin agreed to follow a similar plan.

Airmen deliver medicine to Marshall Islands: HICKAM AIR FORCE BASE, Hawaii (AFPN) – A C-17

Globemaster III departed here Sept. 17 at 9:17 a.m. for Majuro, Marshall Islands, bringing much-needed supplies and medicine to hospital staff and patients after a fire ravaged the capital city's hospital.

With less than 24 hours of medicine on hand at the city's only hospital, time was of the essence. At 8:10 p.m., that same C-17 returned, having delivered the critical life-saving medicine in time, less than 20 hours after the need became known. The fire destroyed the hospital's pharmaceutical and medical supply warehouses Sept. 16, and caused the complete evacuation of all patients.

AD

Environmental compliance to be tested

Annual inspection helps community keep safe, sound

By Master Sgt. Dominique Brown
374th Airlift Wing Public Affairs

Yokota's Environmental, Safety, and Occupational Health Compliance Assessment Management Program is scheduled to begin an internal assessment Oct. 24 of the 374th Airlift Wing's environmental, safety, and occupational health programs.

This year's assessment will be a self-inspection as opposed to the external assessment conducted in October 2004 by Pacific Air Forces.

"The ESOHCAMPs are completed annually," said Donna Collier, environmental flight chief, 374th Civil Engineer Squadron. "Internal inspections are conducted for two consecutive years and an external inspection on the third year.

Unit Environmental Coordinators, or personnel assigned in each squadron, group, and associate unit, are working to prepare their units for the upcoming inspection.

Three main programs will be assessed during the five-day inspection.

Environmental protocols such as the solid waste program will require inspections of dumpsters throughout the base to include housing areas. Inspectors will check for proper disposal of garbage and recyclable items. Proper handling of industrial hazardous waste and materials such as storage, containment, labeling and disposal will be inspected in many work areas as well.

Safety protocols will inspect working environments for safety measures such as confined spaces. Manholes, inside fuel tanks or other tight work areas must be tested for proper oxygen levels or contaminants.

Personal protective equipment is also inspected to ensure proper use and safe handling.

Occupational health protocols will inspect programs such as hearing conservation in areas with higher noise levels to ensure personnel have proper hearing protection and training. Respiratory protection and ventilation protection programs will also be examined in work areas that require painting and sanding, for example.

"Our goal for this year is to decrease the number of ESOHCAMP findings from our last internal assessment in 2003."

The first ESOHCAMP assessment here was in 1998.

Team Yokota Airmen graduate leadership school

The following Team Yokota senior airmen graduated from Airman Leadership School Sept. 15:

Shizuko Shearl, 730th Air Mobility Squadron, John L. Levitow Award winner; William Cosenza, 730th AMS, Distinguished Graduate; Michael Torbett, 374th Logistics Readiness Squadron, Distinguished Graduate; Kelli Pumphrey, 20th Operational Weather Squadron, Academic Award; Suzanne Martin, 374th Security Forces Squadron, Leadership Award;

Leshaon Davis, 730th AMS; Mervie Dotson, 374th Civil Engineer Squadron; Paul Dunn, 374th Medical Operations Squadron; Ricardo Hill, 374th CES; Kevin Jackson, 374th LRS; Gina Monroe, Fifth Air Force; Jason Penwell, 374th CES; Andrea Rhea,

374th LRS; Jason Riddick, Detachment 2 Pacific Air Force Air Postal Squadron; David Stanford, 374th Aircraft Maintenance Squadron; Alexander Suero, 374th Maintenance Squadron; Blake Varnell, 374th CES; Tasha Boone, 374th LRS; David Cameron, 374th LRS; Adam Cloud, 374th CES; Ryan Crnkovich, 374th CES; Meghann Jordan, 374th LRS; Kenneth Lewis III, 374th Medical Support Squadron; Marcelino Millares, Jr., 374th LRS; Jason Miller, 374th MXS; Justin Smith, 374th Contracting Squadron; Joe Stanford III, 374th CES; Taher Taher, 374th Communications Squadron; Phillip Tuncap, 730th AMS; and Mitchell Westin, 730th AMS.

(Courtesy of base Airman Leadership School)



photo by Senior Airman Katie Thomas

The Iruma Air Base vice commander presents his base's hurricane relief donation to the American Red Cross.

JASDF Airmen donate money to hurricane relief

A generous donation came the American Red Cross's way.

Airmen from Iruma Air Base, a Japan Air Self-Defense Force base in Tokyo, raised 420,000 yen and presented it to the base's American Red Cross chapter Tuesday afternoon.

"This is another example of the excellent relationship that Americans and Japanese have here," said Col. Osamu Tomita, JASDF Central Aircraft Control and Warning Wing vice commander, citing the airlift support Yokota provided during the 2004 Niigata earthquake.

Jane Dustman, ARC hub director here, said donations will help families buy food, medical care and more.

(Courtesy of 374th Airlift Wing Public Affairs)

AD

Airmen, you are America's heroes

Hurricane Katrina puts military service into perspective for squadron commander

By Maj. Robert Jackson

374th Maintenance Operations Squadron

Watching the massive destruction and chaos in the hurricane-stricken Gulf Coast region, one could not help but be taken with strong emotion.

The image of thousands of American citizens crying out for help and left as "refugees" from their homes will be an image not soon forgotten.

However, as a military officer watching the events unfold I was struck by two important observations. First, the complaints and criticisms about slow federal response reemphasized to me the importance of readiness and preparedness. Secondly, I couldn't help but note the American public's intense belief in and respect for those who wear the uniform. When chaos and confusion reigned, all looked to the military for hope and assistance.

The American public has complete faith in our competence, skills and professionalism. Our very presence can bring a sense of hope and confidence.

You can clearly hear this sentiment in the words of Mayor Ray Nagin, "I give the president some credit on this, he sent one John Wayne dude down here who can get some stuff done, and his name is [Army Lt. Gen. Russel] Honore, and he came off the

doggone chopper, and he started cussin' and people started movin'."

The sight of men and women in uniform – competent and confident professionals doing what they do best – made an almost immediate turnaround in people's sense of hope and optimism. The message to me was clear—America respects you ...you are its heroes!

Whether serving in the Persian Gulf or in states along the Gulf of Mexico, you make a difference. The core values you have committed to live your life by sets you apart and places you in very special place with the American people.

They admire you. They look up to you. But most of all, they depend on you.

Because they depend on you, you can't let them down. You must always be prepared and you must commit yourself to mastering not only your functional specialty, but also your expeditionary warfighting skills. You will never know when or how the nation will call upon you to provide your military expertise, but you must be ready.

I'm sure troops from the 55th Rescue

Squadron at Davis-Moahan Air Force Base, Ariz., had no idea that they would be executing a no-notice deployment at the end of last month to Mississippi to save lives. Or how about the 823rd Red Horse Squadron at Hurlburt Field, Fla.? I'm sure those troops had no idea that the nation would be giving them the call to help in disaster relief and lead reconstruction efforts. Air Force U-2 pilots from the 9th Reconnaissance Wing at Beale AFB, Calif., could not have guessed they would be flying sorties over the Gulf gathering needed imagery to support disaster relief efforts. These units and countless others stepped up and filled the role, U.S. Northern Command calls America's "heavy lifters of last resort."

The lesson we can take away from the aftermath of Hurricane Katrina is clear. First, we must always have to be ready to provide air and space power for America whether it

be in support of lethal combat operations or non-lethal humanitarian assistance. America depends on you. You owe it to them to always be ready.

Second, America admires and respects you. You fill its people with pride and hope.

Never do anything to compromise the special pride and trust America has in you.

Always be ready to live up to the nation's expectations.

"The sight of men and women in uniform – competent and confident professionals doing what they do best – made an almost immediate turn-around in people's sense of hope and optimism."

Action Line

E-mail: Action.lines-1@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.



Col. Scott Goodwin
374th Airlift Wing commander

Q Why does the base reduce private vehicle traffic to emergencies-only on the south overrun during wing exercises?

A The south overrun's POV traffic is significantly reduced during wing exercises to facilitate the wing's ability to transport cargo, equipment, supplies, and personnel from the main base area to various facilities on the east side of Yokota.

During real world contingency operations there is a considerable increase in flying operations, which directly leads to an increase in special-purpose vehicles, such as fork lifts or other cargo handling equipment, on the south overrun road.

Additionally, in keeping with the Air Force theme of "Safety First," it just makes sense not to mix large special purpose vehicle traffic with POV traffic.

It is a little longer drive around the north overrun, but the sacrifice made during exercises ensures the wing is ready to handle contingency operations. Senior leadership will continue to review and analyze the need to limit POV traffic on the south overrun during base exercises, but for now the south overrun will remain limited to emergency use only for POVs.

Thanks for your question!

Birthday greetings to the world's greatest Air Force

By Lt. Gen. Bruce Wright

U.S. Forces-Japan/Fifth Air Force commander

It started with a dream a drawing ... a concept ... a plan. A plan to use airpower for all that it was intended for.

It started with the Wrights, perpetuated by Lemay and Mitchell, made famous by McGuire and Bong, and after a little time in Australia, 5th Air Force was born under the leadership of Gen. George Kenney.

Today, each of you wearing Air Force blue is the descendant of a great legacy. Each of you, because of what you do every day, have the right to stand tall and be proud of your efforts and what you mean to millions of people around the world.

People around the world look to those of us in uniform as symbols of strength and commitment in service to our Nation. We live up to a high standard because there is

nothing more meaningful, more appreciated, or more cherished, than our precious freedoms.

To continue to protect those freedoms, we will demonstrate and internalize the highest levels of professionalism 24 hours a day, seven days a week. We will continue working together to defend the enduring, shared values of our two great nations – the United States of America and Japan.

As we serve proudly with our Soldier, Sailor, Marine and Coast Guard brothers and sisters, I salute each and every one of you as you use the occasion of our birthday to recommit to sustaining and building upon a proud tradition that began more than six decades ago.

My personal, heartfelt thanks goes out to each and every one of you – our Airman serving our Air Force and our nation.

May God bless you and our United States Air Force.



Published by Eight Co., Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 374th Airlift Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military service. Contents of the Fuji Flyer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Eight Co., Ltd. of the products advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, martial status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

All photographs used in the Fuji Flyer are official Air Force photographs, unless otherwise indicated.

How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan.

Phone: 225-8833

Fax: 225-4867

Mail to: 374 AW/PA, Unit 5078, APO AP 96326-5078 or send to: fuji.flyer@yokota.af.mil

Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

Editorial staff

Col. Scott Goodwin

374th Airlift Wing commander

Capt. David Westover

Chief, Public Affairs

Capt. Warren Comer

Deputy Chief, Public Affairs

1st Lt. Ben Alumbaugh

Chief, Plans and Operations

Master Sgt. Dominique Brown

Superintendent, Public Affairs

Staff Sgt. Karen J. Tomasik

Chief, Internal Information

Senior Airman Katie Thomas

Editor

Eight Co., Ltd.

Publisher

DUI Prevention

Sept. 2 – Sept. 24	0
Total DUIs in September	0
Total in 2005	6

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*



Serving in our midst

By Senior Airman Katie Thomas
Editor

If the building doesn't give it away, the customer service will.

The base chapel and its staff offer something perhaps no other organization on base can: a visible reminder of the invisible.

"We are here to help ensure that Airmen and their families can freely exercise their choice of religion as is set forth in the U.S. Constitution," explained Chaplain (Lt. Col.) Gary Linsky, U.S. Forces-Japan, Fifth Air Force and 374th Airlift Wing chaplain. "This is a right afforded to all Americans regardless of whether they wear a uniform or not."

From Islamic services to contemporary Protestant worship to Buddhist meditations, the chapel seeks to support the community's spiritual pursuits. The staff provides a number of services, however the chaplains and their assistants seek to help people of any belief find groups and locations to exercise their religion, he said.

Chaplains also offer privileged communication to community members. This allows people to talk with chaplains about anything without worry of having their personal information exposed.

"We are the only ones in the Air Force who have this ability, and it is very important tool for us to have," he explained. "It works like a safety valve allowing people to vent their frustrations and concerns without fear of having the information used against them. This gives hope and comfort to people."

And the hope and comfort go beyond the closed counseling doors and base's gates.

Some programs here include a central Tokyo homeless ministry, and religious education and studies along with numerous others. Teenagers can attend a weekly

youth group held in the building behind the Traditional Chapel; women and men can join any of several study groups; singles are invited to join fellow singles throughout the week for studies and fellowship; and the list goes on.

A staff of six officers and five enlisted with the help of an "army" of volunteers and contractors make the chapel's services possible.

"While the chaplains are busy with their ministries to the people, the chaplains' assistants work behind the scenes to ensure that everything for financial to electrical concerns are taken care of," said Master Sgt. Darren Lee, base chapel superintendent. "This enlisted career field of chaplains' assistants has seen a shift from being just considered bodyguards for chaplains when I first came in 20 years ago to playing an active role in chapel program's services today."

Chaplains are required to have a master's degree in theology and an endorsement from an Air Force-recognized religious organization to be considered for commission, explained Chaplain Linsky. Chaplain assistants are screened through two interviews then receive six weeks of training in Alabama before coming on the job, added Sergeant Lee.

"We have an awesome team here," said the wing chaplain. "This is the best team I have worked with yet. There is so much care and respect among the staff, and it is a tremendous encouragement."

Airman 1st Class Misty Abeln, chaplain assistant here, said she agrees.

"It is like I have half a dozen parents watching over me," she explained. "One of my favorite parts of the job is the staff meetings we have when everyone comes together."

To learn more about the services the base chapel offers, call 225-7009.

Whether in times
of celebration
or sorrow,
and in between,
the chapel staff
wants to lend
a helping hand

AD

Off base

Camp Tachikawa open house: This Japan Ground Self-Defense Force camp is holding a disaster prevention fair Oct. 16 that will feature numerous emergency services including the Tokyo Fire Department and the Tokyo Metropolitan Police. The camp can be reached by taking a bus from the JR Chuo/Ome Line's Tachikawa Station to the Tachikawa Fire Station stop.

Iruma Air Base air show: This Japan Air Self-Defense Force base is hosting its service's premier demonstration team Blue Impulse Nov. 3 from 9 a.m. to 3 p.m. It is located near the Seibu Ikebukuro Line's Inariyama Kouen Station.

On base

Movies

Today – 7 p.m. show cancelled due to Sakura Shell concert; *Just Like Heaven*, PG-13, 9:30 p.m.

Saturday – *Sky High*, PG, 2 p.m.; *Wedding Crashers*, R, 7 p.m.; *Just Like Heaven*, PG-13, 9:30 p.m.

Sunday – *Sky High*, PG, 2 p.m.; *Just Like Heaven*, PG-13, 7 p.m.

Monday – *Just Like Heaven*, PG-13, 7 p.m.

Tuesday – *Hustle & Flow*, R, 7 p.m.

Wednesday – *Just Like Heaven*, PG-13, 7 p.m.

Thursday – *Wedding Crashers*, R, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Education

The University of Maryland is offering academic advice Monday through Wednesday at the Yokota Education Center. Visit the center in Bldg. 316 or call 225-8922 to make an appointment.

Sick call changes

The 374th Dental Squadron has switched its sick call to appointments-only beginning Monday. The change is to help eliminate exces-

sively long wait times. Call 225-3671 to contact the sick call line.

Civilian call

The civilian personnel flight is hosting a call for serviced-appropriated fund civilians Oct. 11 from 1 to 2 p.m. at the base theater. Topics include National Security Personnel System, noncombatant evacuation operations, emergency data system, alternate dispute resolution and more. Call 225-3907.

Auction

The Yokota Middle School Parent-Teacher Organization* is sponsoring an auction Saturday at the school's gym. Registration begins at 9 a.m. and costs only \$5 per person. Call 225-9671.

Bazaar

The Yokota Officers' Spouses Club* needs volunteers to help with the club's annual fall bazaar Oct. 15 and 16 at Hangar 15. Japanese and Korean translators are also needed to volunteer to help vendors. Volunteers receive early shopping privileges. E-mail YOSCBazaarVolunteer@yahoo.com or call 227-9672.

Arts and Crafts

The 2nd Annual Arts and Crafts Fair is scheduled for Oct. 29. Vendors can sign up now to sell items by calling 225-9044. The cost is \$35 or 3,800 yen for vendors to participate.

Playgroup

The Educational and Developmental Intervention Services program is offering a limited number of slots for children age 13 to 30 months to participate in structured playgroups. Call 225-9993.

Training

The 374th Logistics Readiness Squadron is holding tank custodian training Wednesday from 9 to 11 a.m. in Hangar 200. All personnel who receive fuel for day tanks, organization tanks and issue tanks require this training. Call 225-6404.

Donations

The Combined Federal Campaign Overseas is now accepting donations to help Hurricane Katrina victims. Community members can make cash or check donations by visiting <http://www.cfcoverseas.org> or call 225-4210.

Holiday Greetings

The Hometown News Holiday Greetings team is visiting Yokota Oct. 3. Call 225-7338 to reserve a time slot to record a greeting to family and friends back home. Walk-ins are also encouraged throughout the day.

Job fair

The 374th Services Division is hosting a job fair at the Yujo Recreation Center Tuesday from 10 a.m. to 3 p.m. Job applicants should bring their resume, passport, and a copy of their sponsor's orders. Call 225-3920.

Talent contest

A family and teen talent contest is scheduled for Oct. 14 at the Taiyo Recreation Center. Performance categories include: parent and child, husband and wife, children age categories, and family. Participants must sign up by Oct. 7 by calling 225-6955.

Couples 'Fear Factor'

Family Advocacy is hosting a couple's "Fear Factor" at the base Natatorium Oct. 8 beginning at 9 a.m. Prizes include New Sanno hotel packages, an ITT tour for two, bowling certificates, and more. Call 225-3648 to enter.

Sunrise Bakery

The Sunrise Bakery is now open Sundays from 7 to 11 a.m.

Library contest

The base library is supporting the Pacific Air Forces 3rd Annual Info Quest contest throughout September. Prizes include an iPod shuffle. The contest is open to all eligible library cardholders. Call 225-7490.

Samurai Warrior



of the Week



Staff Sgt. Patrick Baker

Staff Sgt. Patrick Baker, 374th Dental Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Sergeant Baker is assigned to the dental laboratory flight as a laboratory technician. His relentless pursuit of perfection in fabricating dental appliances was key to his success in reaching a 100 percent appliance fit rate. His hard work saved patients return trips to the clinic and directly contributed to Yokota's status as the most productive base dental laboratory in Pacific Air Forces. He also inspired esprit de corps during the squadron's climb of Mt Fuji as he personally carried the squadron guidon the entire way to the top.

Car show

The Auto Hobby Shop is hosting a car show Oct. 15 from 10 a.m. to 8 p.m. in the parking area behind the shop. More than 70 cars will be on display along with entertainment and food booths. Prizes including tires, racing jackets and more will also be given away. Call 225-6898.

Yard inspections

The base military family housing flight conducts yard inspections throughout the week in family housing. Residents are required to meet Air Force standards when living in military quarters. See 374 AWPAM 32-8 for detailed guidance. Call 225-9099.

Chapel events

The base chapel is hosting Sunday school classes at the Yokota Middle School on Sundays from 9 to 10:30 a.m. Classes are available for ages three to adult. Call 225-7009 to register.

Confaternity of Christian Doctrine meets at the Yokota Middle School from 11 a.m. to 12:15 p.m. on Sundays. Classes are available for kindergarten to adult ages. Call 225-7009 to register.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Korean service, Sundays at 2 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m. Call 225-7009.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“You get guys from MIT and guys who can’t spell MIT.”

**Sylvester Stallone,
on arm wrestling**

Volleyball: The youth centers are holding girls’ volleyball registration for ages five to 15 from Oct. 3 to 14 at 11 a.m. to 4:30 p.m. Call 225-7422.

Flight Center: The Flight Training Center is offering private pilot ground school classes beginning Oct. 4. Classes are held every Tuesday and Friday from 6 to 9 p.m. in Bldg. 4304 on the east side. Call 225-8988.

Soccer: Coaches are needed for co-ed youth soccer for ages five to 10. Call 225-7021.

Outdoor Rec: The base outdoor recreation center is offering the following trips: Sabiki-style ocean fishing at Odawara’s Sagami Bay Saturday; advanced lure fishing at Odawara’s Sagami Bay Saturday; and downhill mountain biking at Mt. Takamine Sept. 28. Call 225-4552.

Bowling: The base bowling alley is not closing Sept. 30 as previously announced. It will continue to operate as normal, however there will be limited lane availability. Call 225-7615.

Tour de Tama: The Tour de Tama mountain biking race is scheduled for Nov. 5 at 9 a.m. at Tama Hills. Sign-ups begin Oct. 6 and cost \$25 per person. All skill levels are welcome. Call 225-4552.

Golf: The Par 3 hosts a golf tournament every Wednesday between 10 a.m. and 7 p.m. Call 225-8815.

Step up to aerobics challenge

(Editor’s Note: The Fuji Flyer is highlighting aerobics as part of the on-going series showcasing the many programs offered by the 374th Services Division.)

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Aerobics are not just for girls. That’s one important message the 374th Services Division wants to get across to the men and women of Yokota.

“A lot of people think of aerobics as pretty girly,” said Senior Airman Tiffany Pacheco, 374th Services Division fitness specialist. “The truth is aerobics is it is one of the best things a person can do for their cardio-vascular system.

“We offer several different classes that cater to the different needs of people: everything from the beginner class to a high intensity workout.”

All classes are offered at the Natatorium with classes offered every day.

Monday through Friday there is an Eye Opening workout from 5 to 6 a.m. “Pretty much you have to hit the ground running,” said Airman Pacheco. “That class does not let up.”

The most popular class offered is the kick-box aerobics class Mon-



photo by Senior Airman Katie Thomas

Community members join in the step aerobics action during lunch-time at the Natatorium Tuesday. The fitness center offers several classes throughout the week in the morning, afternoon and evening.

day, Wednesday and Friday from 11:30 a.m. to 12:30 p.m.

“The class is sort of like Tae-bo with a mid- to high-intensity level,” she said.

The second most popular class is Pilates. While not a traditional form of aerobics, it does give the body quite a workout, Airman Pacheco said. It is offered from 7 to 8 p.m. on Monday and Wednesday.

The most recognized form of aerobics, step aerobics, is offered from 6 to 7 p.m. on Monday and

Wednesday, 11:30 a.m. to 12:30 p.m. on Tuesday and Thursday and from 8 to 9 a.m. and 11 a.m. to 12 p.m. on Saturday.

A class called toning utilizes weights with aerobics to tone the body. The class is 6 p.m. to 7 p.m. Tuesday and Thursday.

There is also a body pump class, which is very basic and low impact.

“The class is really beneficial for people who have been injured,” said Airman Pacheco.

Call 225-8881 for details.

Intramural soccer rack-n-stack

Team	Won	Lost	Ties	Pct	Streak	RF	RA	GB
374 CS	10	1	0	.909	Lost-1	52	26	—
DFAS/CPTS	8	1	1	.850	Won 2	40	16	1.0
AAFES	7	2	1	.750	Won 5	46	18	2.0
36AS	6	2	1	.722	Won 1	43	19	2.5
374 MXG	7	4	0	.636	Won 2	48	31	3.0
USFJ/5AF	6	4	1	.591	Lost-1	41	22	3.5
730 AMS	5	4	1	.550	Won 2	31	24	4.0
374 SVS	6	5	0	.545	Won 3	41	33	4.0
374 CES	2	5	3	.350		19	36	6.0
374 LRS A	2	7	1	.250	Lost-4	17	44	7.0
374 LRS B	1	8	1	.150	Lost-1	17	41	8.0
374 CONS	1	9	1	.136	Lost-9	19	76	8.5
374 MDG	0	9	3	.125	Lost-7	14	42	9.0

Eye care ‘in sight’

By Staff Sgt. Benjamin Rojek
325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AFPN) – Keeping eyes healthy is paramount.

While most people follow the rules and wear personal protective equipment such as safety glasses while at work, they tend to forget about it at home, said Maj. Ryan Traver, 325th Aeromedical-Dental Squadron optometry flight commander here.

“One of the biggest injuries we get here is from people mowing the lawn without eye protection,” Major Traver said. “We also get a lot of injuries from people working on their cars at home.”

Common eye injuries also occur from not wearing protective eye gear while playing sports, he said.

People should also not forget about ultraviolet rays, the major said. Damage to the eyes can be prevented by wearing sunglasses with 100-percent ultraviolet blocking.

Another way people can protect their eyesight is by keeping their eyes healthy, the major said. Routine eye exams are extremely important.

“It varies by a person’s age, but an average, healthy adult should get an eye exam every two to three years,” he said. “Even if (someone does not) need glasses, everyone is susceptible to eye disease.”

“You only have one set of eyes, and it doesn’t take very much to injure them,” Mr. Jolley said.

(Courtesy of Air Education and Training Command News Service)

AD